



# Tapping In: A Step-by-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation

By Laurel Parnell

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## **Tapping In: A Step-by-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation** By Laurel Parnell

Never has it been so effortless to activate your inner power and resilience than with the remarkable technique known as "resource tapping." *Tapping In* makes available for the first time a self-guided program for learning this revolutionary EMDR-related method.

With step-by-step instruction in bilateral stimulation (a core component of EMDR, or Eye Movement Desensitization and Reprocessing), *Tapping In* teaches you a clinically recognized system for tapping both sides of the body to overcome trauma, boost confidence, calm the body on a deep, physiological level, and to respond better to stress.

Join world-renowned EMDR expert Dr. Laurel Parnell as she shares a series of easy-to-learn exercises to access your "latent positive resources"?your neurological foundation for internal resilience and stability.

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#### **From the Author**

Laurel Parnell, Ph.D. is one of the world's leading experts on EMDR. A clinical psychologist, she has trained thousands in EMDR in her international workshops. Dr. Parnell is the author of *Transforming Trauma* (Norton, 1997), *EMDR in the Treatment of Adults Abused As Children* (Norton, 1999), and *A Therapist's Guide to EMDR* (Norton, 2006).

#### **About the Author**

#### **Laurel Parnell**

Laurel Parnell, Ph.D is one of the world's leading experts on EMDR. A clinical psychologist, she has trained thousands in EMDR in her international workshops. Dr. Parnell is the author of *Transforming Trauma: EMDR, EMDR in the Treatment of Adults Abused as Children*, and *A Therapist's Guide to EMDR*.

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